

# SAMARITAN

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



20 calf raises



20 forward bends



20 shoulder taps



20 push-ups



20 plank crunches



20 W-extensions



20 prone reverse fly